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N E W

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S W E A B

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## Are you a writer? An artist? A human being?



I get a lot of questions about how to write a book. Always happy to talk about writing, but I thought I'd [answer some of them](#) just to get the conversation started. **Seems what I said about writing can also be applied to living.**

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### You might also like:



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what one thing can you do tomorrow to encourage a young ...



how to write (a book). a wee rant.

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0 6 0 C T

poetry wednesday : stand  
up



3 7 D



L E T

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[Patti Digh reading from Life is a Verb at the Georgia Center for the Book Festival of Writers](#)

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P A T



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WHO IS PATTI DIGH?



Eat raw tarantulas in hot sauce for someone
(Real) Women play the tuba
Stop doing insignificant work in the world
Dance in your car
Love unlovable people
Burn those jeans
Eat on a door
Carry a small grape
Say hi to Yaron
Unpack your boxes

50@50 Advocate / Constructively
Always / Learn Be / Alive Be /
Generous Be / Intentional Be /
Passionate Be / Still Book Tour
Celebrate / daily Challenge /
Ignorance Covet / Things Create /
Art Create / Community Cultivate /
Creativity Do / Something Explore /
Forgiveness Fight / Racism Fight /
Stereotypes Find / Compassion
Follow / Intuition Give / Freely Give /
thanks Go / Explore Grow /
Gardens Have / Voice Just / dance
Know / Self <b>Life is a Verb</b>
Lift / Others Live / Fully Live / Simply

**"Neutrality helps the oppressor, never the victim."** -Elie  
Wiesel

The "[It Gets Better](#)" videos are poetry in motion.

Poetry that might save a life. Poetry borne of pain, and of  
recognition.

Pass them on. Make one and post it. Ask your local schools [to order  
this free film](#) as part of their anti-bullying program.

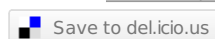
Reach out when you see evidence of any kind of bullying. Do not  
stand idly by. Do not be neutral. Standing up is sheer, beautiful, heart-  
stopping poetry.

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Posted by patti digh on 06 October 2010 at 14:37 | [Permalink](#) | [Comments \(3\)](#) |

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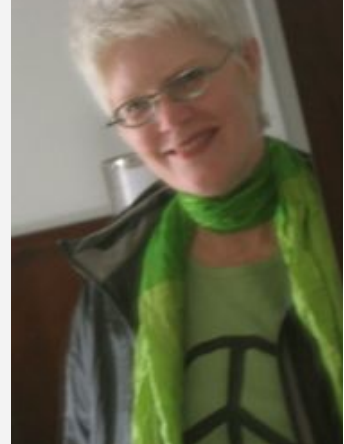


## Win stuff! Write stuff! Tell your friends stuff!



I'm so  
excited to be  
teaching a  
[one-day  
writing  
workshop](#) in

Portland, OR, on **Nov 6** with best-selling authors  
[Jennifer Loudon](#) and [Susan Piver](#). (We'll do a reading at [Powell's  
Beaverton](#) the night before at 7pm).



click to see that wacky aging  
process



poetry wednesday : stand up

Win stuff! Write stuff! Tell your  
friends stuff!

thinking thursday : save a  
child's life

poetry wednesday : lost

thinking thursday.

poetry wednesday : to be of  
use

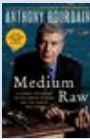
yes, i got a tattoo.

Forever hold your penguin


Love / More Love / Unconditionally  
Make 10 Move / Around Nurture /  
Challenge Only / Connect Own / Up  
Patti turns 50! Plant / Happiness  
Podcasts poetry read / more Read  
/ Words Really / See Renew /  
Learning Respect / Death Respect /  
Others say / yes Seek / Equality  
Self / Aware Set / Goals Simply /  
Care Slow / Down Speak / Up Stay  
/ Curious Take / Action Travel /  
There Trust / Yourself Value /  
Friendship Write / Now

M Y L  
What I do for a living (PDF)  
The Circle Project: diversity,  
inclusion, leadership


L O V  
E N V  
R E A



Anthony Bourdain:  
Medium Raw: A Bloody  
Valentine to the World  
of Food and the People  
Who Cook



Barbara Ehrenreich:  
Nickel and Dimed: On  
(Not) Getting By in  
America



Ross W. Greene: The  
Explosive Child: A New  
Approach for  
Understanding and  
Parenting Easily  
Frustrated, Chronically Inflexible  
Children

M Y C  
37days  
My weekly newsletter on living  
intentionally.  
Haiku Book Review  
My summaries of books I've  
read recently, written in Haiku.  
Why not?  
movable type

We want you to come. Or just win a prize. Or both!

Here's some info from [Susan's blog](#) about both the retreat and the prizes:

The prize part:

*We want to give you a chance to win goodies. We also want you to come to Portland and bring your writer friends so we hope you will share this contest page with everyone you know who writes — or keeps meaning to.*

*You do not have to attend our Portland one-day once-in-a-lifetime writing retreat to enter this contest!*

**You could win one of the following:**

#### Grand Prize:

Attend the retreat free! No, we can't also fly you and rent a limo and pay for your hotel room but we will hug you extra hard. **Details on the retreat are below.** Yes, you can give your winning golden ticket to someone else if you can't make it. Yes, if you have already signed up we can refund all your hard earned monies.

#### First Prize

You could win 30 minutes of writing coaching with Susan Piver, Patti Digh, and Jen Loudon. 3 separate sessions! Scheduled directly with each of us. 3 writers with a bizillion book and articles and blog posts between them helping you — one-on-one.

#### Second Prize

Mailed to your home-sweet-home, signed copies of *The Life Organizer* by Jennifer Loudon, *The Wisdom of a Broken Heart* by Susan Piver, and *Four-Word Self-Help* by Patti Digh. *Your very own signed DiLoPi collection.*

## [Enter here](#)

### Retreat Details

During the workshop, each of us will host a panel focusing on a particular aspect of the writing process. There will also be an “ask the writer” panel with all three of us, where we hope to offer helpful answers to questions about process, publishing, creativity, and whatever might come up.



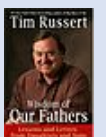

I'm excited for you because we've planned an awesome day of teaching, dialogue, and hanging out. I'm convinced you'll walk away more confident in your voice and inspired to use it.

I'm excited for all of us because we'll get to have the joy of camaraderie—which is often in short supply in this most solitary of artistic pursuits.

To support, inspire, provoke, and amuse you, we created a one-day workshop called ***Walking Into Fire: Sidestepping Fear, Writing Your Heart Out, and Letting Your Story Tell Itself.*** I think it's pretty unique. If I weren't in it, I'd want to take it.

dear, in memory of Meta.  
each one a story, a life, a family, an overwhelming desire to live, to love, to survive.  
thinking thursday.

R	E	C	E
Theris Noboks on poetry wednesday : stand up			
Sharon on thinking thursday : save a child's life			
Jan on poetry wednesday : stand up			
Jul on poetry wednesday : stand up			
Kathryn - Collage Diva on Are you a writer? An artist? A human being?			
JP/deborah on thinking thursday : save a child's life			
Joy on thinking thursday : save a child's life			
Wendy Orlowski on how to write (a book). a wee rant.			
Angie [A Whole Lot of Nothing] on thinking thursday : save a child's life			
Allyson on thinking thursday : save a child's life			


P	A	T
	Patti Digh: Four-Word Self-Help: Simple Wisdom for Complex Lives	
	Patti Digh: Life Is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally	
	Tim Russert: Wisdom of Our Fathers Patti's essay about her father appears on page 192!	
	Gardenswartz, Rowe, Digh, Bennett: The Global Diversity Desk Reference	
Robert Rosen, Patricia Digh: Global Literacies: Lessons on Business Leadership and National Cultures		


My thoughts about diversity, stereotypes, prejudice, inclusion, culture....

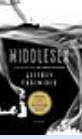
**The Circle Project**  
Helping organizations explore diversity and inclusion issues through theatre and story. This is the work I have waited my whole life to do.


**Mr Brilliant**  
Mr Brilliant is one smart man. Hence the name. And he blogs now about all manner of fascinating stuff! Run, go, get brilliant, won't you?


- Richard Powers: The Time of Our Singing**


- Tim O'Brien: The Things They Carried**



- Jeffrey Eugenides: Middlesex**


- William Gaddis: The Recognitions**


- Anne Lamott: Bird by Bird**



**Malcolm Lowry: Under the Volcano (Penguin Modern Classics)**



Here is the schedule:

9:45-11:00 **One Taste - Meditation, Creativity, and Joy: How Doing One of These Makes You Do All Three** with Susan Piver

11:15-12:30 **A Million Ways to Kiss Your Writing into Being** with Jen Louden

LUNCH

1:30-2:45 **Put Down Your Clever and Pick up Your Ordinary** with Patti Digh

3:00-4:00 **Writers: Take Your Mark or This is the Part Where We Write** with Susan, Jen, and Patti

We will give you an hour of writing energy and prompts and fun that will blow you open to new material and give you clear jumping off places to keep writing. Stuck on a project - no more!

4:00 -5:00 **Panel discussion** w/ DiLoPi in which you lob your questions and we make up answers.

5:15-7:00 **Book signing and cash bar cocktail party** with the authors


If you have any questions or concerns, email me! Sign up! You know you want to! Don't give me any of that "but I'm not a writer" lip.

[Register here](#)


*I promise you won't regret it.*


*Please pass this along to others in your network!*


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Posted by patti digh on 06 October 2010 at 11:13 | [Permalink](#) | [Comments \(0\)](#) | [TrackBack \(0\)](#)

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3 0 S E P T

thinking thursday : save a child's life



- P A R T

[Decide How to Decide - Association Forum](#)

["Let Go of Your Legal Pad" - Skirt! Magazine](#)

["Real women play the tuba" - Skirt! Magazine](#)

["Go See The Tiny Ninjas" - Skirt! magazine](#)

["Bust Your Toast Rules" - Skirt! Magazine](#)

["Close the Boardroom Closet" - Skirt! magazine](#)

["Loving unlovable people" - Skirt! magazine](#)


["Burn those jeans" - Skirt! magazine](#)

["Choose your seatmates wisely" - Skirt! Magazine](#)

["Eat slowly and thank the chef" - Skirt! Magazine](#)

O P P O

M E E



patti is at home in Asheville and has planned trips to:

- [Yakima](#) in November
- [Portland](#) in November
- [Portland](#) in November
- [Cullowhee](#) in November

- A R C

[October 2010](#)

[September 2010](#)

[August 2010](#)

[July 2010](#)

[June 2010](#)





Rest in peace, Seth Walsh

**"We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people."** -Rev. Dr. Martin Luther King, Jr.

On this "Thinking Thursday," all I am thinking about is the epidemic of young gay youth who are killing themselves rather than endure one more moment of bullying. I am thinking about [Tyler Clementi](#) and [Seth Walsh](#) and [Billy Lucas](#) and [Asher Brown](#) and [Justin Aaberg](#) and [Jaheem Herrera](#) and [Eric Mohat](#) and [Carl Hoover](#), all teenagers, all now dead, having killed themselves to escape their tormentors.

We cannot stand idly by. And yet we are. We do. We sit in our comfortable homes and react in anguish when another teen kills him or herself because they were bullied to death. What are you doing to stop this? What am I doing? Clicking "like" or "share" or "retweet" on Facebook and Twitter is just simply not enough. It is not nearly enough. It is not enough to scream that our schools must do better, though they must. WE must do better. We must raise children and mentor children and love children into knowing that bullying is wrong. Schools alone cannot do this.

[Tyler Clementi](#)'s privacy was violated, horribly. What the hell is wrong with us, that we believe it is okay to livestream onto the internet someone's private moments in their own room?

Today I am reminded of [a message I wrote on these pages](#) in 2008 after a gay teen was shot in the head by a classmate:

*Why have we made a silent, unspoken agreement to not do significant work in the world?*

*I am tired of having long, endless, polite conversations about discrimination and hate. I am tired of executives who keep asking me for the "business case" for diversity as if another notebook of statistics will finally make them pay attention like the other 120 notebooks of data have not. I am tired of going to meetings to hear about the state of our communities relative to race or other diversity issues only to hear talking heads present illegible PowerPoint bar charts about disparities in graduation rates between blacks and*

May 2010
April 2010
March 2010
February 2010
January 2010

[More...](#)

P	O	N
"The life of every man is a diary in which he means to write one story, and writes another; and his humblest hour is when he compares the volume as it is with what he vowed to make it." - James M. Barrie		

D	O	N
Save a life - be an organ donor...		

A	R	T	A
S	P		
Guide to NC Crafts			
Handmade in America			
Yee-Haw Letterpress studio			
Penland School of Crafts			
Alternative photography processes			

**Live Traffic Feed**

**This could be you!**  
San Francisco, California  
[Add your face & link!](#)

**A visitor from San Francisco, California**  
viewed "37days" 0 secs ago

**A visitor from Auckland**  
left "37days" via [jenniferlouden.com](#) 5 mins ago

**A visitor from Auckland**  
viewed "37days" 6 mins ago

**A visitor from Edmonton, Alberta**  
viewed "Win stuff! Write stuff! Tell your friends stuff! - 37days" 15 mins ago

**A visitor from Wokingham**  
viewed "poetry wednesday : stand up - 37days" 24 mins ago

**A visitor from Huntingdon, Cambridgeshire**  
viewed "poetry wednesday : stand up - 37days" 25 mins ago

**Room**

Even if you think you hate poetry, this will work for you.

**Astrid Lundgren: Pippi Longstocking**

What can I say? I was a red-headed child - Pippi was my role model!

C

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**Natalie Goldberg: Wild Mind: Living the Writer's Life**

**Natalie Goldberg: Writing Down the Bones: Freeing the Writer Within**

**John Daido Looi: The Zen of Creativity : Cultivating Your Artistic Life**

**Ellen Langer: Mindfulness**

**Ellen Langer: On Becoming an Artist : Reinventing Yourself Through Mindful Creativity**

**Julia Cameron: Artist's Way: A Spiritual Path to Higher Creativity**

**David Bayles: Art & Fear**

T

H

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S

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whites.

*Good lord, don't we know all this already? Raise your hand if you are white and straight and would volunteer for the rest of your life to be treated as people of color and GLBTQ people are treated in this country. If your hand isn't raised, then you know we have to do something about the discrimination GLBTQ people and people of color--and others--face DAILY. If your hand isn't raised, then you know this is going on and you cannot pretend not to know any longer.*

*Are we delaying action by insisting on more data because we don't know what to do, or because [we like the status quo because it is by and large working for us](#), or because we are just damned lazy or overworked or too busy saving up for that summer house?*

*I am also damned tired of [people being killed](#) just for being who they are. Are other people so threatening to us that we must disavow and hurt and even [kill them](#)? That is so much about who we are, and not about who those targets of our hate are. It is our trash, and we need to stop it. What are we afraid of?*

*Ellen DeGeneres, in talking today about a 15-year-old boy recently shot in the head by a classmate because he was gay, offers this challenge (and resources) on [her website](#):*

*"I would like you to start paying attention to how often being gay is the punchline of a monologue or how often gay jokes are in a movie," DeGeneres said to an estimated 2.5 million viewers. "And that kind of message, laughing at someone because they're gay, is just the beginning. It starts with laughing at someone, and then it's verbal abuse, then it's physical abuse, and it's this kid Brandon killing a kid like Larry."*

*The reason these things continue to happen, I firmly believe, is because we allow them by not doing significant work in the world. If you are a parent, a teacher, a community member, a human being living on this planet, it is your work to do. Let's stop fooling ourselves that we are too insignificant to make a difference, that it is not our work in the world to make this planet hospitable to all humans. Let's stop fooling ourselves that another slide presentation will make a difference, that we don't already know what's happening in Darfur and, for that matter, in classrooms across our country. If we could solve these problems with data, they'd be solved by now. If we could solve these problems by having another conference in a nice warm location with a lot of people dressed up in suits, they'd be solved by now.*

*Perhaps I can't change the world. But I can damn sure raise two children who will know what it means to consider every person they meet to be as fully, beautifully human as they are.*

From the [Human Rights Campaign](#) came this message today:

*"This is an epidemic.*

*Last week, Rutgers University freshman Tyler Clementi killed*

age

A visitor from **Jackson, Michigan** viewed "poetry wednesday : stand up - 37days" 31 mins ago

A visitor from **Palm Springs, California** viewed "37days: Only / Connect" 1 hour 39 mins ago

A visitor from **Delft, Zuid-Holland** left "37days: August 2007 posts" via [investinthearts.com](#) 1 hour 52 mins ago

A visitor from **Delft, Zuid-Holland** viewed "37days: August 2007 posts" 1 hour 59 mins ago

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Click here to get [Feedjit](#)

himself by jumping off a bridge after his roommate secretly recorded him with another male student, then broadcast the video online.

*I wish I could tell you this was an isolated incident. But Tyler's death as a victim of anti-gay harassment was just one of a number of recent suicides among teenagers who were ruthlessly "bullied to death."*

*Our schools and our nation cannot sit back and wait for the next tragedy. So today, we're calling on Secretary of Education Arne Duncan to speak out immediately – and to push every school anti-bullying program in the nation to include sexual orientation and gender identity like HRC's Welcoming Schools program. Please stand with us.*

[Ask Arne Duncan: improve our nation's anti-bullying programs so we can end this tragedy.](#)

*Tyler wasn't the only one.*

*After months of relentless bullying, 13-year-old Seth Walsh hung himself from a tree outside his California home this week. Billy Lucas of Indiana was 15 years old when he hung himself after being called a "fag" over and over again. Asher Brown's classmates teased him without mercy and acted out mock gay sex acts in class, and last Thursday he shot himself in the head. He was only 13.*

*And a single district in Minnesota has seen seven suicides in the last year by young victims of intolerance. As a virulently anti-LGBT candidate seeks the governor's chair (a man who could decide the fate of anti-bullying measures), it's clear that the very lives of Minnesota's children are at stake.*

*This isn't a new problem. It's been happening for decades. And too often, administrators fail to act, even after parents complain about the bullying at school.*

*That's why HRC developed Welcoming Schools, an innovative program that gives elementary school teachers, parents and students across the country the tools to help stop the name-calling, bullying and gender stereotyping that so many students face every day. It helps kids learn respect and tolerance early on, to prevent violence later in middle and high school.*

*But it's up to those who run our schools – from Secretary Duncan down to every local school board – to act to end the bullying.*

[Secretary Duncan: No more children should be bullied to death. Help stop anti-LGBT harassment in schools now.](#)

*Once you take action, I hope you'll write a letter to the editor of your local paper. I hope you'll also let educators and administrators in your local school district know about [www.welcomingschools.org](http://www.welcomingschools.org) and explain why you want to see Welcoming Schools in elementary schools near you. The more we spread the word, the better our chances of preventing another tragedy.*

*If school officials don't act, more young lives will be tragically lost.  
We can't let that happen."*

That is HRC's message, and here's my message to you:

**I am begging you to do these things:**

1. Tomorrow morning--not next week or in February, but tomorrow--call your local school district and/or university and ask what kind of anti-bullying programs they have in place. Call principals, call school board members, call the superintendent of schools, call the chancellor's office. Provide them with information about the HRC "[welcoming schools](#)" program. Find other resources and offer them as well. Keep calling them.
2. If you have a child or are active in the life of a child, call their principal tomorrow and ask what they are doing to ensure that no child is bullied, and in particular what support they offer to LGBTQI children. Offer to help. Do not stop at the level of internet activism -- Go there. Volunteer. Show up for someone. If your child is home-schooled or unschooled, include anti-bullying discussions on your agenda.
3. Talk to your children or children in your network about bullying. Often.
4. Educate yourself about [cyberbullying](#).
5. Don't be a bully yourself. You know when you are. Stop.
6. Speak up. If your child is being bullied, or if you see other children being bullied, do not suggest that they "suck it up" - intervene. Give them the tools they need. Listen to them. Do not minimize their pain. Talk to other parents, even if it is uncomfortable.
7. Show Dan Savage's "[It Gets Better](#)" video and all the videos made by LGBTQI folks as part of his campaign to show kids that there is life beyond the crap they are enduring in high school. Show this to straight and questioning and gay kids alike. And if you identify as LGBTQI, make a video and post it to the "It Gets Better" campaign.
8. If you are a parent or involved in a child's life in any way, [buy books that demonstrate that diversity is beautiful](#). Read them to your children. Then read them again.
9. Devote a year to getting to know someone who scares you.
10. When you hear a gay joke, or a black joke, or any other kind of demeaning humor in a film or TV show, write the producers. Let them know it's not alright. When you hear them in your home, your office, your community, speak up.
11. Be [an effective ally](#) for GLBTQ people.
12. [Educate yourself](#) on [what to say](#) when people tell homophobic, racist, sexist, or other hurtful jokes.

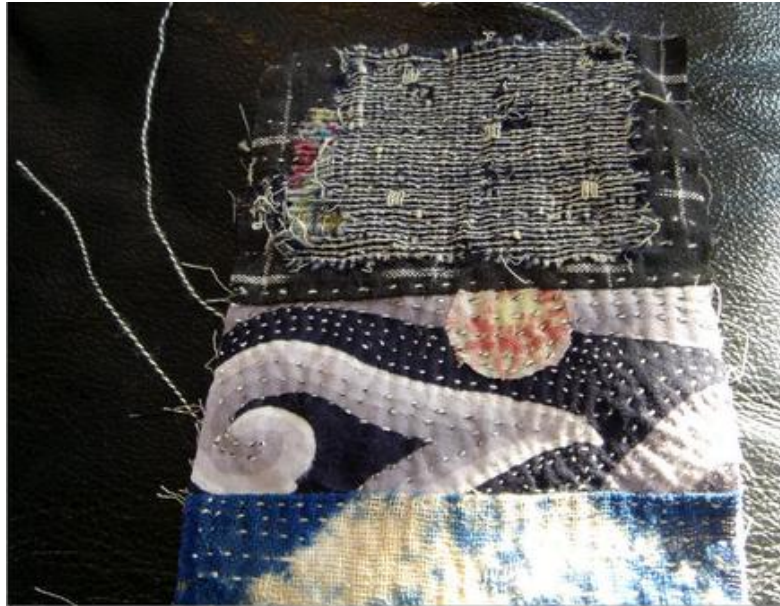
Save a young person's life. Show up.

[Email this](#) • [Add to del.icio.us](#) • [Fark It](#) • [Digg this](#)



2 9 S E P T E M B

## poetry wednesday : lost



I included this haunting and beautiful poem in *Life is a Verb*. It was written by a man who began losing his memory in a form of dementia when he was just 41 years old, ten years ago.

After I wrote to him asking for permission to include it, we corresponded over a period of time, his emails giving me great insight into what it is to feel your life and memories unravel before your eyes, and at such a young, young age. I sent him a copy of *Life is a Verb* when it came out. His email back to me stopped me cold--he couldn't remember having corresponded about the poem so he had no idea why I sent him the book until his wife came home and put the pieces together, reminding him that we had talked about it.

We are blessed that he continued to write poetry in the *now*, as the fabric of his life disintegrated and changed dramatically and was re-stitched into a different pattern. That poet, David Hollies, died this past weekend. My thanks to a friend of his for letting me know.

And so, to David, my thanks for giving me and others an insight into your journey:

### **Lost and Found**

by David Hollies

The first few times  
Being lost was frightening  
Stark, pregnant  
With the drama of change

Then, I didn't know  
That everywhere is nowhere  
Like the feeling when a ocean wave  
Boils you in the sand  
But as time goes by  
Each occurrence of lostness is quieter  
Falling from notice  
Like the sound of trains  
When you live near the tracks  
Until one day  
When a friend asks  
"How often do you get lost?"  
And I strain to recall a single instance  
It was then that I realized  
Being lost only has meaning  
When contrasted with  
Knowing where you are  
A presumption that slipped out of my life  
As quietly as smoke up a chimney  
For now I live in a less anchored place  
Where being lost is irrelevant  
For now, only when there is a need  
Do I discover where I am  
No alarm, no fear  
Just an unconscious check-in  
Like glancing in the rear-view mirror.

"Being lost," as he says, "only has meaning when contrasted with knowing where you are."

[Image from [here](#)]

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M

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thinking thursday.





[Can you spot the gay soldier? I thought not.]

### mind :: my brain and yours

John McCain, really: "Why are we now trying to jam this thing through?" said Sen. John McCain (R-Ariz.), who led [the campaign against the provision](#). 'It is all about the battle-effectiveness, the morale, of the men and women who are serving in the military.'" No, John, honey, it's all about discrimination.

"We are taught nouns, verbs, adjectives, adverbs, grammar, punctuation, annunciation, the list goes on. However, *intent* behind words - psychological and emotional intent that is, is left mostly untouched. Many don't understand the impact of single words that dramatically affect our life." [Should = Guilt](#), for example: "Every time you use the word 'should' or someone tells you 'you should do something' replace the word 'SHOULD' with the word 'COULD.'"

[What's behind Rhonda Byrne's spiritual empire?](#) An interesting look at "The Secret" author/producer--beneath the multimillion dollar manifesting surface. It ain't all that pretty.

### [How to hatch a natural writer:](#)

- Model reading.
- Make sure kids have a variety of writing instruments: paper, pencils, pens, access to a computer. Don't be stingy with masking tape, like some people we know.
- Help kids make "love books" as presents instead of wobbly ashtrays.
- Coerce relatives into writing real letters and postcards to your children, not just "Wish you were here." It'll be good for the relatives too.
- Give each child a place to keep his or her writing. For teens, this means a locked box whose privacy no one, including you, will violate.

### body :: my place and yours

What a real, honest, beautiful world it would be [if beauty wasn't](#)

[defined by magazine editors.](#)

[Brave girl eating](#): "I learned that anorexia isn't a choice or a joke. That in fact it's a one-way ticket to hell, a hell made even worse by virtue of the fact that other people don't recognize it as suffering because they think, as I did, that anorexia is something you decide to do, not something that happens to you. That when people say, 'I could use a little anorexia,' they're speaking out of the same ignorance I shared, before anorexia became deeply personal to my family. Before it moved into our house, got into every closet and cabinet, infected all of us with its insidious illogic, its perverse and self-destructive poison." (Thanks to Kathryn Ruth Schuth)

### soul :: my heart and yours

Go on ahead, sugar. [Have a wild love for the world](#). Live your life in widening circle that reach out across the world.

[As if there is nothing to lose](#): "When I had little, everything I had was important. If I found a sweater I liked at the Goodwill, it felt like my birthday. In a way, having nothing meant everything in the world was mine. Even a sandwich was cause for celebration, and nothing distracted me from enjoying it. Every gift was a delight, and I was grateful for everything I had." (Thanks to Judy Kinney)

[Wisdom on top of confusion](#): "We need to give up something. We can't try to layer wisdom on top of confusion. The spiritual path is about what we give up, not what we get. We seem to always want to get something--spiritual insights or experiences--as a kind of commodity. But don't these wisdom traditions teach us that, in essence, there's nothing to get? We need to give up what obscures the abiding wisdom and the abiding reality that is already there." -Tim Olmstead (Thanks to Kathryn Ruth Schuth)

[Follow the fun](#), the magic. Settle for nothing less. Know when it's not right.

**A final thought :: Why is it that, as a culture, we are more comfortable seeing two men holding guns than holding hands?** -Ernest Gaines

(image from Tim V Johnson on Facebook)

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poetry wednesday : to be of  
use







### To Be of Use

The people I love the best  
 jump into work head first  
 without dallying in the shallows  
 and swim off with sure strokes almost out of sight.  
 They seem to become natives of that element,  
 the black sleek heads of seals  
 bouncing like half-submerged balls.

I love people who harness themselves, an ox to a heavy cart,  
 who pull like water buffalo, with massive patience,  
 who strain in the mud and the muck to move things forward,  
 who do what has to be done, again and again.

I want to be with people who submerge  
 in the task, who go into the fields to harvest  
 and work in a row and pass the bags along,  
 who are not parlor generals and field deserters  
 but move in a common rhythm  
 when the food must come in or the fire be put out.

The work of the world is common as mud.  
 Botched, it smears the hands, crumbles to dust.  
 But the thing worth doing well done  
 has a shape that satisfies, clean and evident.  
 Greek amphoras for wine or oil,  
 Hopi vases that held corn, are put in museums  
 but you know they were made to be used.  
 The pitcher cries for water to carry  
 and a person for work that is real.

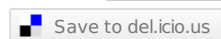
**Marge Piercy**

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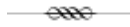


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# yes, i got a tattoo.



[image by Fiona Monks]

I said I would, to celebrate my 50th birthday, and so I did.

And no, I probably won't post any photos of it. When I see tattoo photos, I spend most of my time trying to figure out exactly what body part that might be or obsessing over the odd-shaped freckle near it and wondering if I might suggest the wearer get that checked out with a dermatologist.

But in lieu of photos, in answer to many questions and emails (and now that my mother has recovered from a dead faint if she is reading this), I'll explain what it is and when we meet over a latte and a wee little free trade organic spelt scone sometime, I'll be glad to show it to you if it's of interest.

Inside right forearm, to answer the most common question.

Line drawings of three dandelions, in black, like old botanical drawings.

Why three dandelions? John, Emma, and Tess.

Together, there are 37 stems in the dandelions. Why 37? It's a number that holds some meaning for me.

Why dandelions? Because when we are kids, they are magical! Pure magic! We run toward them and they delight us immensely. We even make wishes on them. And as adults, they are weeds. To remind

myself to reclaim the magical in the every day, to see the world as a child as much as I possibly can. And also because dandelions represent what is ephemeral, fleeting, windblown, like life is.

Two tiny stems, pieces of dandelion, are blowing off in the wind. Why two? [Daddy](#) and [Nina](#).

And with these questions from the Buddha, inked in my own handwriting: **How well did you love? How fully did you live? How deeply did you let go?**

The tattoo artist was [Kitty Love](#) at Liquid Dragon in Asheville. I loved her artistry and [her passion for the arts](#).

Most tattoos, I realized as I sat in the tattoo place waiting, are for the benefit of the viewer, the other. They are positioned to be seen by the other person, as a display. Not this one. It is not upside down on my forearm for *you* to see. It is positioned for me to glance down and see it and remember all that those images and words mean to me. Like magic.

And that is my tattoo tale.

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## Forever hold your penguin dear, in memory of Meta.



*Four years ago this evening, a young woman died in a car accident here in Asheville. This is the story of her extraordinary leave-taking. Our job is to keep the dead alive by telling their stories. I hope you will take a moment on this autumn evening to whisper the name, "Meta, Meta," as you read about a death, a community, a living. This post was written shortly after Meta left us in 2006 and is reposted here on the anniversary of that awful night when whole things changed forever for her family, her friends, and all the people in her future who might now wander, missing someone they cannot know.*

**"Death ends a life, not a relationship."** – Jack Lemmon



Emma and I watched "[March of the Penguins](#)" for the first time on Saturday



night. I know the whole world has seen it by now, but we hadn't. [Mr. Brilliant](#) had to leave the room; even though he is a man wont to explore the joys of forensic pathology in his spare time, has been known to do surgery on

himself, and is hell bent on watching every episode of *The Sopranos* in slow motion, the very thought of penguin babies freezing to death was too much for him. He can't watch *CSI* or *Law & Order* or *House* episodes where kids are hurt—it's all about the kids for him. He had to go. He retreated to the living room.

I myself escaped to the bathroom when a vulture arrived to feed on the young, leaving poor Emma to fend for herself. When an egg fell onto the ice and froze early on, I knew we were in for the real story, not the Disney version. Even so, at every turn when danger loomed, Emma and I would yelp in unison, our sharp intakes of breath prompting John to shout in anguish from the next room, "What?! What?! Oh, no, what's happening now?"

[Continue reading "Forever hold your penguin dear, in memory of Meta." »](#)

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1 1 S E P T E M B

each one a story, a life, a family, an overwhelming desire to live, to love, to survive.







***"...when we finally know we are dying, and all other sentient beings are dying with us, we start to have a burning, almost heartbreaking sense of the fragility and preciousness of each moment and each being, and from this can grow a deep, clear, limitless compassion for all beings."*** –Sogyal Rinpoche

Some people don't get their 37 days.

Their heart gives out while they are sleeping.

They are hit by a car on their way to the post office.

They are [killed by a sniper](#).

They die at the hand of another.

They choose to run toward danger to help fellow human beings in trouble.

**May we each day honor the memory of those killed on 9/11, buoy those they left behind, and appreciate our freedom to choose how we move forward.**

Each of the innocent people killed that day had a story. A life. A family. An overwhelming desire to live, to love, to survive. I'm reminded of book three of *War and Peace*. A prisoner about to be killed says to his captor, "but you can't do this, because you have no idea what my life means to me."

Stop by a firehouse today to take doughnuts or dinner and say thanks for what they do every day. Hug your family tighter. Let go of petty arguments. Ignore Qur'an burning preachers in Florida who don't deserve to be named. Teach your children to love, not hate.

Say yes. Be generous. Love more. Trust yourself. Speak up. Slow down. Live in clear, limitless compassion.

Please take a moment to read each precious name. Imagine the names of all those they left behind. Let the reading be your meditation on what it means to fully live. Let the reading be your commitment.

Please note: this list doesn't include all those who died of a broken

heart that day.

### **List of World Trade Center Victims**

Gordon M. Aamoth, Jr.  
Edelmiro Abad  
Maria Rose Abad  
Andrew Anthony Abate  
Vincent Abate  
Laurence Christopher Abel  
William F. Abrahamson  
Richard Anthony Aceto  
Jesus Acevedo Rescand  
Heinrich Bernhard Ackermann  
Paul Acquaviva  
Donald LaRoy Adams  
Patrick Adams  
Shannon Lewis Adams  
Stephen George Adams  
Ignatius Udo Adanga  
Christy A. Addamo  
Terence E. Adderley, Jr.  
Sophia Buruwad Addo  
Lee Allan Adler  
Daniel Thomas Afflitto  
Emmanuel Akwasi Afuakwah  
Alok Agarwal  
Mukul Kumar Agarwala  
Joseph Agnello  
David Scott Agnes  
Brian G. Ahearn  
Jeremiah Joseph Ahern  
Joanne Marie Ahladiotis  
Shabbir Ahmed  
Terrance Andre Aiken  
Godwin Ajala  
Gertrude M. Alagero  
Andrew Alamenno  
Margaret Ann Alario  
Gary M. Alberio  
Jon Leslie Albert  
Peter Alderman  
Jacquelyn Delaine Aldridge  
David D. Alger  
Sarah Ali-Escarcega  
Ernest Alikakos  
Edward L. Allegretto  
Eric Allen  
Joseph Ryan Allen  
Richard Dennis Allen  
Richard Lanard Allen  
Christopher E. Allingham

Janet M. Alonso  
Arturo Alva-Moreno  
Anthony Alvarado  
Antonio Javier Alvarez  
Victoria Alvarez-Brito  
Telmo E. Alvear  
Cesar Amoranto Alviar  
Tariq Amanullah  
Angelo Amaranto  
James M. Amato Joseph Amatuccio  
Christopher Charles Amoroso  
Kazuhiro Anai  
Calixto Anaya, Jr.  
Joseph Anchundia  
Kermit Charles Anderson  
Yvette Constance Anderson  
John Andreacchio  
Michael Rourke Andrews  
Jean Ann Andrucki  
Siew-Nya Ang  
Joseph Angelini, Jr.  
Joseph Angelini, Sr.  
Laura Angilletta  
Doreen J. Angrisani  
Lorraine Antigua  
Peter Paul Apollo  
Faustino Apostol, Jr.  
Frank Thomas Aquilino  
Patrick Michael Aranyos  
David Arce  
Michael George Arczynski  
Louis Arena  
Adam P. Arias  
Michael Armstrong  
Jack Charles Aron  
Joshua Aron  
Richard Avery Aronow  
Japhet Jesse Aryee  
Patrick Asante  
Carl Asaro  
Michael Asciak  
Michael Edward Asher  
Janice Marie Ashley  
Thomas J. Ashton  
Manuel O. Asitimbay  
Gregg Arthur Atlas  
Gerald T. Atwood  
James Audiffred  
Louis Frank Aversano, Jr.  
Ezra Aviles  
Sandy Ayala

Arlene T. Babakitis  
Eustace P. Bacchus  
John J. Badagliacca  
Jane Ellen Baeszler  
Robert J. Baierwalter  
Andrew J. Bailey  
Brett T. Bailey  
Tatyana Bakalinskaya  
Michael S. Baksh  
Sharon M. Balkcom  
Michael Andrew Bane  
Katherine Bantis  
Gerard Baptiste  
Walter Baran  
Gerard A. Barbara  
Paul Vincent Barbaro  
James William Barbella  
Ivan Kyrillos F. Barbosa  
Victor Daniel Barbosa  
Colleen Ann Barkow  
David Michael Barkway  
Matthew Barnes  
Sheila Patricia Barnes  
Evan J. Baron  
Renee Barrett-Arjune  
Nathaly Barrios La Cruz  
Arthur Thaddeus Barry  
Diane G. Barry  
Maurice Vincent Barry  
Scott D. Bart  
Carlton W. Bartels  
Guy Barzvi  
Inna B. Basina  
Alysia Basmajian  
Kenneth William Basnicki  
Steven Bates  
Paul James Battaglia  
Walter David Bauer, Jr.  
Marlyn Capito Bautista  
Jasper Baxter  
Michele Beale  
Paul Frederick Beatini  
Jane S. Beatty  
Lawrence Ira Beck  
Manette Marie Beckles  
Carl John Bedigian  
Michael Earnest Beekman  
Maria A. Behr  
Yelena Belilovsky  
Nina Patrice Bell  
Debbie Bellows



Stephen Elliot Belson  
Paul M. Benedetti  
Denise Lenore Benedetto  
Maria Bengochea  
Bryan Craig Bennett  
Eric L. Bennett  
Oliver Duncan Bennett  
Margaret L. Benson  
Dominick J. Berardi  
James Patrick Berger  
Steven Howard Berger  
John P. Bergin  
Alvin Bergsohn  
Daniel Bergstein  
Michael J. Berkeley  
Donna M. Bernaerts  
David W. Bernard  
William Bernstein  
David M. Berray  
David S. Berry  
Joseph J. Berry  
William Reed Bethke  
Timothy Betterly  
Edward Frank Beyea  
Paul Beyer  
Anil Tahilram Bharvaney  
Bella J. Bhukhan  
Shimmy D. Biegeleisen  
Peter Alexander Bielfeld  
William G. Biggart  
Brian Bilcher  
Carl Vincent Bini  
Gary Eugene Bird  
Joshua David Birnbaum  
George John Bishop  
Jeffrey Donald Bittner  
Albert Balewa Blackman, Jr.  
Christopher Joseph Blackwell  
Susan Leigh Blair  
Harry Blanding, Jr.  
Janice Lee Blaney  
Craig Michael Blass  
Rita Blau  
Richard Middleton Blood, Jr.  
Michael Andrew Boccardi  
John P. Bocchi  
Michael Leopoldo Bocchino  
Susan M. Bochino  
Bruce D. Boehm  
Mary Catherine Boffa  
Nicholas Andrew Bogdan

Darren Christopher Bohan  
Lawrence Francis Boisseau  
Vincent M. Boland, Jr.  
Alan Bondarenko  
Andre Bonheur, Jr.  
Colin Arthur Bonnett  
Frank Bonomo  
Yvonne Lucia Bonomo  
Genieve Bonsignore, 3  
Seaon Booker  
Sherry Ann Bordeaux  
Krystine Bordenabe  
Martin Boryczewski  
Richard Edward Bosco  
John H. Boulton  
Francisco Eligio Bourdier  
Thomas Harold Bowden, Jr.  
Kimberly S. Bowers  
Veronique Nicole Bowers  
Larry Bowman  
Shawn Edward Bowman, Jr.  
Kevin L. Bowser  
Gary R. Box  
Gennady Boyarsky  
Pamela Boyce  
Michael Boyle  
Alfred Braca  
Kevin Bracken  
David Brian Brady  
Alexander Braginsky  
Nicholas W. Brandemarti  
Michelle Renee Bratton  
Patrice Braut  
Lydia E. Bravo  
Ronald Michael Breitweiser  
Edward A. Brennan III  
Francis Henry Brennan  
Michael E. Brennan  
Peter Brennan  
Thomas M. Brennan  
Daniel J. Brethel  
Gary Lee Bright  
Jonathan Briley  
Mark A. Brisman  
Paul Gary Bristow  
Mark Francis Broderick  
Herman Charles Broghammer  
Keith A. Broomfield  
Ethel Brown Janice  
Juloise Brown  
Lloyd Stanford Brown

Patrick J. Brown  
Bettina Browne  
Mark Bruce  
Richard George Bruehert  
Andrew Brunn  
Vincent Brunton  
Ronald Paul Bucca  
Brandon J. Buchanan  
Gregory Joseph Buck  
Dennis Buckley  
Nancy Clare Bueche  
Patrick Joseph Buhse  
John Edwards Bulaga, Jr.  
Stephen Bunin  
Matthew J. Burke  
Thomas Daniel Burke  
William Francis Burke, Jr.  
Donald J. Burns  
Kathleen Anne Burns  
Keith James Burns  
John Patrick Burnside  
Irina Buslo  
Milton G. Bustillo  
Thomas M. Butler  
Patrick Byrne  
Timothy G. Byrne  
Jesus Neptali Cabezas  
Lillian Caceres  
Brian Joseph Cachia  
Steven Dennis Cafiero, Jr.  
Richard M. Caggiano  
Cecile Marella Caguicla  
Michael John Cahill  
Scott Walter Cahill  
Thomas Joseph Cahill  
George Cain  
Salvatore B. Calabro  
Joseph Calandrillo  
Philip V. Calcagno  
Edward Calderon  
Kenneth Marcus Caldwell  
Dominick Enrico Calia  
Felix Calixte  
Frank Callahan  
Liam Callahan  
Luigi Calvi  
Roko Camaj  
Michael F. Cammarata  
David Otey Campbell  
Geoffrey Thomas Campbell  
Jill Marie Campbell

Robert Arthur Campbell  
Sandra Patricia Campbell  
Sean Thomas Canavan  
John A. Candela  
Vincent Cangelosi  
Stephen J. Cangialosi  
Lisa Bella Cannava  
Brian Cannizzaro  
Michael Canty  
Louis Anthony Caporicci  
Jonathan Neff Cappello  
James Christopher Cappers  
Richard Michael Caproni  
Jose Manuel Cardona  
Dennis M. Carey  
Steve Carey  
Edward Carlino  
Michael Scott Carlo  
David G. Carlone  
Rosemarie C. Carlson  
Mark Stephen Carney  
Joyce Ann Carpeneto  
Ivhan Luis Carpio Bautista  
Jeremy M. Carrington  
Michael Carroll  
Peter Carroll  
James Joseph Carson, Jr.  
Marcia Cecil Carter  
James Marcel Cartier  
Vivian Casalduc  
John Francis Casazza  
Paul R. Cascio  
Margarito Casillas  
Thomas Anthony Casoria  
William Otto Caspar  
Alejandro Castano  
Arcelia Castillo  
Germaan Castillo Garcia  
Leonard M. Castrianno  
Jose Ramon Castro  
Richard G. Catarelli  
Christopher Sean Caton  
Robert John Caufield  
Mary Teresa Caulfield  
Judson Cavalier  
Michael Joseph Cawley  
Jason David Cayne  
Juan Armando Ceballos  
Jason Michael Cefalu  
Thomas Joseph Celic  
Ana Mercedes Centeno

Joni Cesta  
Jeffrey Marc Chairnoff  
Swarna Chalasani  
William Chalcoff  
Eli Chalouh  
Charles Lawrence Chan  
Mandy Chang  
Mark Lawrence Charette  
Gregorio Manuel Chavez  
Delrose E. Cheatham  
Pedro Francisco Checo  
Douglas MacMillan Cherry  
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Vernon Paul Cherry  
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Edna Cintron  
Nestor Andre Cintron III  
Robert Dominick Cirri  
Juan Pablo Cisneros-Alvarez  
Benjamin Keefe Clark  
Eugene Clark  
Gregory Alan Clark  
Mannie Leroy Clark  
Thomas R. Clark  
Christopher Robert Clarke  
Donna Marie Clarke  
Michael J. Clarke  
Suria Rachel Emma Clarke  
Kevin Francis Cleary  
James D. Cleere

Geoffrey W. Cloud  
Susan Marie Clyne  
Steven Coakley  
Jeffrey Alan Coale  
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John Michael Collins  
Michael L. Collins  
Thomas J. Collins  
Joseph Collison  
Patricia Malia Colodner  
Linda M. Colon  
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Sandra Jolane Conaty Brace  
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Laurence Damian Curia  
Paul Dario Curioli  
Beverly Curry  
Michael S. Curtin  
Gavin Cushny  
John D'Allara

Vincent Gerard D'Amadeo  
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Jeannine Marie Damiani-Jones  
Patrick W. Danahy  
Nana Danso  
Vincent Danz  
Dwight Donald Darcy  
Elizabeth Ann Darling  
Annette Andrea Dataram  
Lawrence Davidson  
Michael Allen Davidson  
Scott Matthew Davidson  
Titus Davidson  
Niurka Davila  
Clinton Davis  
Wayne Terrial Davis  
Anthony Richard Dawson  
Calvin Dawson  
Edward James Day  
Jayceryll de Chavez  
Jennifer De Jesus  
Monique E. De Jesus  
Nereida De Jesus  
Emerita De La Pena  
Azucena Maria de la Torre  
David Paul De Rubbio  
Jemal Legesse De Santis  
Christian Louis De Simone  
Melanie Louise De Vere  
William Thomas Dean  
Robert J. DeAngelis, Jr.  
Thomas Patrick DeAngelis  
Tara E. Debek  
Anna Marjia DeBin  
James V. Deblase  
Paul DeCola  
Simon Marash Dedvukaj  
Jason Defazio  
David A. DeFeo  
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Donald Arthur Delapenha  
Vito Joseph DeLeo

Danielle Anne Delie  
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Andrea DellaBella  
Palmina DelliGatti  
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Rafael Arturo Diaz  
Michael A. Diaz-Piedra III  
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Kevin Patrick York  
Raymond R. York  
Suzanne Youmans  
Barrington Young  
Jacqueline Young  
Elkin Yuen  
Joseph C. Zaccoli  
Adel Agayby Zakhary  
Arkady Zaltsman  
Edwin J. Zambrana, Jr.  
Robert Alan Zampieri  
Mark Zangrilli  
Ira Zaslowsky  
Kenneth Albert Zelman  
Abraham J. Zelmanowitz  
Martin Morales Zempoaltecatl  
Zhe Zeng  
Marc Scott Zeplin  
Jie Yao Justin Zhao  
Ivelin Ziminski  
Michael Joseph Zinzi  
Charles A. Zion  
Julie Lynne Zipper  
Salvatore Zisa  
Prokopios Paul Zois



Joseph J. Zuccala  
Andrew S. Zucker  
Igor Zukelman

**List of Victims on American Airlines Flight 11**

Anna Allison  
David Lawrence Angell  
Lynn Edwards Angell  
Seima Aoyama  
Barbara Jean Arestegui  
Myra Joy Aronson  
Christine Barbuto  
Carolyn Beug  
Kelly Ann Booms  
Carol Marie Bouchard  
Robin Lynne Kaplan  
Neilie Anne Heffernan Casey  
Jeffrey Dwayne Collman  
Jeffrey W. Coombs  
Tara Kathleen Creamer  
Thelma Cuccinello  
Patrick Currivan  
Brian Paul Dale  
David Dimeglio  
Donald Americo Ditullio  
Alberto Dominguez  
Paige Marie Farley-Hackel  
Alexander Milan Filipov  
Carol Ann Flyzik  
Paul J. Friedman  
Karleton D.B. Fyfe  
Peter Alan Gay  
Linda M. George  
Edmund Glazer  
Lisa Reinhart Gordenstein  
Andrew Peter Charles Curry Green  
Peter Paul Hashem  
Robert Jay Hayes  
Edward R. Hennessy, Jr.  
John A. Hofer  
Cora Hidalgo Holland  
John Nicholas Humber, Jr.  
Waleed Joseph Iskandar  
John Charles Jenkins  
Charles Edward Jones  
Barbara A. Keating  
David P. Kovalcin  
Judith Camilla Larocque  
Natalie Janis Lasden  
Daniel John Lee  
Daniel M. Lewin

Sara Elizabeth Low  
Susan A. Mackay  
Karen Ann Martin  
Thomas F. McGuinness, Jr.  
Christopher D. Mello  
Jeffrey Peter Mladenik  
Carlos Alberto Montoya  
Antonio Jesus Montoya Valdes  
Laura Lee Morabito  
Mildred Naiman  
Laurie Ann Neira  
Renee Lucille Newell  
Kathleen Ann Nicosia  
Jacqueline June Norton  
Robert Grant Norton  
John Ogonowski  
Betty Ann Ong  
Jane M. Orth  
Thomas Nicholas Pecorelli  
Berinthia B. Perkins  
Sonia M. Puopolo  
David E. Retik  
Jean Destrehan Roger  
Philip Martin Rosenzweig  
Richard Barry Ross  
Jessica Leigh Sachs  
Rahma Salie  
Heather Lee Smith  
Dianne Bullis Snyder  
Douglas Joel Stone  
Xavier Suarez  
Madeline Amy Sweeney  
Michael Theodoridis  
James Anthony Trentini  
Mary Barbara Trentini  
Pendyala Vamsikrishna  
Mary Alice Wahlstrom  
Kenneth Waldie  
John Joseph Wenckus  
Candace Lee Williams  
Christopher Rudolph Zarba, Jr.

**List of Victims on United Airlines Flight 175**

Alona Abraham  
Garnet Edward Bailey  
Mark Lawrence Bavis  
Graham Andrew Berkeley  
Touri Bolourchi  
Klaus Bothe  
Daniel Raymond Brandhorst  
David Reed Gamboa Brandhorst

John Brett Cahill  
Christoffer Mikael Carstanjen  
John J. Corcoran III  
Dorothy Alma de Araujo  
Ana Gloria Pocasangre Debarrera  
Robert John Fangman  
Lisa Anne Frost  
Ronald Gamboa  
Lynn Catherine Goodchild  
Peter M. Goodrich  
Douglas Alan Gowell  
Francis Edward Grogan  
Carl Max Hammond, Jr.  
Christine Lee Hanson  
Peter Burton Hanson  
Susan Kim Hanson  
Gerald Francis Hardacre  
Eric Hartono  
James Edward Hayden  
Herbert Wilson Homer  
Michael Robert Horrocks  
Robert Adrien Jalbert  
Amy N. Jarret  
Ralph Kershaw  
Heinrich Kimmig  
Amy R. King  
Brian Kinney  
Kathryn L. LaBorie  
Robert G. Leblanc  
Maclovio Lopez, Jr.  
Marianne Macfarlane  
Alfred Gilles Marchand  
Louis Mariani  
Juliana McCourt  
Ruth Magdaline McCourt  
Wolfgang Peter Menzel  
Shawn M. Nassaney  
Marie Pappalardo  
Patrick J. Quigley IV  
Frederick Charles Rimmele III  
James Roux  
Jesus Sanchez  
Victor J. Saracini  
Mary Kathleen Shearer  
Robert M. Shearer  
Jane Louise Simpkin  
Brian David Sweeney  
Michael C. Tarrou  
Alicia N. Titus  
Timothy Ray Ward  
William Michael Weems

## **List of Victims at the Pentagon (Not Including Flight 77)**

*Note: USA – United States Army; USN – United States Navy*

SPC Craig S. Amundson, USA  
YN3 Melissa Rose Barnes, USN  
MSG Max J. Beilke, Retired  
IT2 Kris Romeo Bishundat, USN  
Carrie R. Blagburn  
COL Canfield D. Boone, ARNG  
Donna M. Bowen  
Allen P. Boyle  
ET3 Christopher L. Burford, USN  
ET3 Daniel M. Caballero, USN  
SFC Jose O. Calderon-Olmedo, USA  
Angelene C. Carter  
Sharon A. Carver  
SFC John J. Chada, USA, Retired  
Rosa Maria Chapa  
Julian T. Cooper  
LCDR Eric A. Cranford, USN  
Ada M. Davis  
CAPT Gerald F. DeConto, USN  
LTC Jerry D. Dickerson, USA  
IT1 Johnnie Doctor, Jr., USN  
CAPT Robert E. Dolan, Jr., USN  
CDR William H. Donovan, USN  
CDR Patrick Dunn, USN  
AG1 Edward T. Earhart, USN  
LCDR Robert R. Elseth, USNR  
SK3 Jamie L. Fallon, USN  
Amelia V. Fields  
Gerald P. Fisher  
AG2 Matthew M. Flocco, USN  
Sandra N. Foster  
CAPT Lawrence D. Getzfred, USN  
Cortez Ghee  
Brenda C. Gibson  
COL Ronald F. Golinski, USA, Retired  
Diane Hale-McKinzy  
Carolyn B. Halmon  
Sheila M.S. Hein  
ET1 Ronald J. Hemenway, USN  
MAJ Wallace Cole Hogan, Jr., USA  
SSG Jimmie I. Holley, USA, Retired  
Angela M. Houtz  
Brady Kay Howell  
Peggie M. Hurt  
LTC Stephen N. Hyland, Jr., USA  
Lt Col Robert J. Hymel, USAF, Retired  
SGM Lacey B. Ivory, USA  
LTC Dennis M. Johnson, USA

Judith L. Jones  
Brenda Kegler  
LT Michael S. Lamana, USN  
David W. Laychak  
Samantha L. Lightbourn-Allen  
MAJ Stephen V. Long, USA  
James T. Lynch, Jr.  
Terence M. Lynch  
OS2 Nehamon Lyons IV, USN  
Shelley A. Marshall  
Teresa M. Martin  
Ada L. Mason-Acker  
LTC Dean E. Mattson, USA  
LTG Timothy J. Maude, USA  
Robert J. Maxwell  
Molly L. McKenzie  
Patricia E. Mickley  
MAJ Ronald D. Milam, USA  
Gerard P. Moran, Jr.  
Odessa V. Morris  
ET1 Brian A. Moss, USN  
Teddington H. Moy  
LCDR Patrick J. Murphy, USNR  
Khang Ngoc Nguyen  
DM2 Michael A. Noeth, USN  
Ruben S. Ornedo  
Diana B. Padro  
LT Jonas M. Panik, USNR  
MAJ Clifford L. Patterson, Jr., USA  
LT Darin H. Pontell, USNR  
Scott Powell  
CAPT Jack D. Punches, USN, Retired  
AW1 Joseph J. Pycior, Jr., USN  
Deborah A. Ramsaur  
Rhonda Sue Rasmussen  
IT1 Marsha D. Ratchford, USN  
Martha M. Reszke  
Cecelia E. (Lawson) Richard  
Edward V. Rowenhorst  
Judy Rowlett  
SGM Robert E. Russell, USA, Retired  
CW4 William R. Ruth, ARNG  
Charles E. Sabin, Sr.  
Marjorie C. Salamone  
COL David M. Scales, USA  
CDR Robert A. Schlegel, USN  
Janice M. Scott  
LTC Michael L. Selves, USA, Retired  
Marian H. Serva  
CDR Dan F. Shanower, USN  
Antionette M. Sherman

Diane M. Simmons  
Cheryle D. Sincok  
ITC Gregg H. Smallwood, USN  
LTC Gary F. Smith, USA, Retired  
Patricia J. Statz  
Edna L. Stephens  
SGM Larry L. Strickland, USA  
LTC Kip P. Taylor, USA  
Sandra C. Taylor  
LTC Karl W. Teepe, USA, Retired  
SGT Tamara C. Thurman, USA  
LCDR Otis V. Tolbert, USN  
SSG Willie Q. Troy, USA, Retired  
LCDR Ronald J. Vauk, USNR  
LTC Karen J. Wagner, USA  
Meta L. (Fuller) Waller  
SPC Chin Sun Pak Wells, USA  
SSG Maudlyn A. White, USA  
Sandra L. White  
Ernest M. Willcher  
LCDR David L. Williams, USN  
MAJ Dwayne Williams, USA  
RMC Marvin Roger Woods, USN, Retired  
IT2 Kevin W. Yokum, USN  
ITC Donald M. Young, USN  
Edmond G. Young, Jr.  
Lisa L. Young

#### **List of Victims on American Airlines Flight 77**

Paul W. Ambrose  
Yeneneh Betru  
Mary Jane Booth  
Bernard C. Brown, II  
CAPT Charles F. Burlingame III, USNR, Retired  
Suzanne M. Calley  
William E. Caswell  
David M. Charlebois  
Sarah M. Clark  
Asia S. Cottom  
James D. Debeuneure  
Rodney Dickens  
Eddie A. Dillard  
LCDR Charles A. Droz III, USN, Retired  
Barbara G. Edwards  
Charles S. Falkenberg  
Dana Falkenberg  
Zoe Falkenberg  
J. Joseph Ferguson  
Darlene E. Flagg  
RADM Wilson F. Flagg, USNR, Retired  
1stLt Richard P. Gabriel, USMC, Retired

Ian J. Gray  
Stanley R. Hall  
Michele M. Heidenberger  
Bryan C. Jack  
Steven D. Jacoby  
Ann C. Judge  
Chandler R. Keller  
Yvonne E. Kennedy  
Norma Cruz Khan  
Karen Ann Kincaid  
Dong Chul Lee  
Jennifer Lewis  
Kenneth E. Lewis  
Renee A. May  
Dora Marie Menchaca  
Christopher C. Newton  
Barbara K. Olson  
Ruben S. Ornedo  
Robert Penninger  
Robert R. Ploger III  
Zandra F. Ploger  
Lisa J. Raines  
Todd H. Reuben  
John P. Sammartino  
George W. Simmons  
Donald D. Simmons  
Mari-Rae Sopper  
Robert Speisman  
Norma Lang Steuerle  
Hilda E. Taylor  
Leonard E. Taylor  
Sandra D. Teague  
Leslie A. Whittington  
CAPT John D. Yamnicky, Sr., USN, Retired  
Vicki Yancey  
Shuyin Yang  
Yuguang Zheng

**List of Victims on United Airlines Flight 93**

Christian Adams  
Lorraine G. Bay  
Todd Beamer  
Alan Beaven  
Mark K. Bingham  
Deora Frances Bodley  
Sandra W. Bradshaw  
Marion Britton  
Thomas E. Burnett Jr.  
William Cashman  
Georgine Rose Corrigan  
Patricia Cushing

Jason Dahl  
Joseph Deluca  
Patrick Driscoll  
Edward Porter Felt  
Jane C. Folger  
Colleen Fraser  
Andrew Garcia  
Jeremy Glick  
Lauren Grandcolas  
Wanda A. Green  
Donald F. Greene  
Linda Gronlund  
Richard Guadagno  
Leroy Homer, Jr.  
Toshiya Kuge  
CeeCee Lyles  
Hilda Marcin  
Waleska Martinez  
Nicole Miller  
Louis J. Nacke, II  
Donald Arthur Peterson  
Jean Hoadley Peterson  
Mark Rothenberg  
Christine Snyder  
John Talignani  
Honor Elizabeth Wainio  
Deborah Ann Jacobs Welsh  
Kristin Gould White

(list from [here](#); image from [here](#))

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0 9 S E P T E M B

thinking thursday.







### mind :: my brain and yours

[Dissenters spur innovation, creativity, and social justice](#): "Dissent makes the group as a whole smarter and leads to more divergent thinking, but the people who stand up with those sorts of opinions often get beaten up for it." Is your organization or community set up to welcome or ostricize dissenters?

I just added David Grossman's new book, [To the End of the Land](#), to my reading list: *"The story came quickly. It would be about a middle-aged woman, Ora, whose son, Ofer, only just released from army service, has voluntarily returned to the frontline for an offensive against one of Israel's many enemies. Ora, having moved from celebration to renewed fearfulness in a matter of hours, is in danger of losing her mind. She has no idea how she will get through the next weeks or months. Then, in a fit of magical thinking, it comes to her. She will mount a pre-emptive strike of her own. She will simply go away, absent herself from her home and her life. That way, she reasons, she will not be there when the army "notifiers" come to tell her of her son's death. And if she is not there, perhaps he will not die. After all, how can a person be dead if his mother isn't at home to receive the news of it?"* When asked about his own son being killed while serving in the army, Grossman said, simply, "I cannot afford the luxury of despair." (Thanks to Christy Lee-Engel)

### body :: my place and yours

Print or pixels? [Of two minds about books](#): "She talks about the smell of the paper and the feeling of holding it in your hands," said Mr. de Halleux, 32, who says he thinks the substance is the same regardless of medium. He added, sounding mildly piqued, "She uses the word 'real.' " (Thanks to Clara Boza)

It's feeling fall-ish in this hemisphere. [Seven soups every Saturday](#) is the only answer.

You'd think I'd tire of [this](#). Or outgrow it. But I just never do.

Are you [chasing skinny](#)? Her realization is exactly why I recently took all my clothing out of my closet--all those "I used to fit into this" or "I'll

hang on to this because I'll lose weight soon" clothes--and gave them all away ALL OF THEM to Goodwill. It was radical and necessary. Not "when I," but "I am right now." That's liberating. Of course, I now have only a white shirt and a single pair of blue jeans left in my closet, but so be it.

### soul :: my heart and yours

["The Top Five Regrets of the Dying"](#) provides instant perspective: "Life is a choice. It is YOUR life. Choose consciously, choose wisely, choose honestly. Choose happiness." (Thanks to Victoria Boundy)

[This beautifully simple expression of being grateful](#) touched me. Being grateful is important. And satisfying. And complete.

**A final thought ::** The deeper that sorrow carves into your being, the more joy you can contain. -Kahlil Gibran

[Image from Hong Kong-based artist Lie Fhung, whose gorgeous art is featured in [Four Word Self Help](#) and in *Life is a Verb*]

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